



**Public Health**  
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Frederick County Health Department

# *News Release*

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**FOR IMMEDIATE RELEASE:**

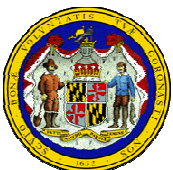
**AUGUST 30, 2011**

## **PROSTATE CANCER: MAKING AN INFORMED DECISION ON THE SECOND LEADING CAUSE OF CANCER DEATHS IN MEN**

**FREDERICK, MD --** Prostate cancer is the second leading cause of cancer deaths in men in the United States. According to the Centers for Disease Control and Prevention, one in six men in the U.S. will be diagnosed with prostate cancer during their lifetime and one in 33 will die from it. In its Cancer Facts and Figures 2011, the American Cancer Society (ACS) estimates that 5,060 men in Maryland will be diagnosed with prostate cancer and 710 will die from it in 2011. In the U.S., approximately 240,890 men will be diagnosed and 37,660 will die from it in 2011. Last year according to the Maryland Department of Health and Mental Hygiene (DHMH) Cigarette Restitution Cancer Fund Report, 119 Frederick County men were diagnosed with prostate cancer in 2007, and 16 died from the disease.

The Frederick County Health Department is encouraging men to speak with their doctor or health care provider to learn about their personal risks for prostate cancer, options for screening, and potential benefits and complications of diagnosis and treatment in order to make an informed decision about their health.

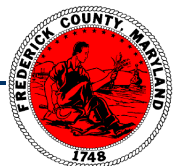
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The main risk factor for prostate cancer is age, as the chance of a man getting prostate cancer increases with age. Approximately 60% of prostate cancer is diagnosed in men over the age of 65 years. Other risk factors are race and family history.

Prostate cancer disproportionally affects African American men who are, according to the ACS, more likely to be diagnosed at an advanced stage of prostate cancer and are twice as likely to die from it as white men. Prostate cancer is less common among white, Hispanic/Latino, Asian/Pacific Islander, and American Indian/Alaska Native men than in African American men. Family history of prostate cancer is another risk factor, and about 5-10% of men with prostate cancer have a family history of prostate cancer. Having a risk factor means that a man has a higher chance of getting the disease than a man without the risk factor, but most men with risk factors do not get prostate cancer.

The symptoms for prostate cancer may include: blood in the urine; the need to urinate frequently, especially at night; weak or interrupted urine flow; pain or a burning feeling while urinating; the inability to urinate; and constant pain in the lower back, pelvis, or upper thighs. Men should consult with their health care provider if any of these symptoms occur.

Prostate cancer screening is done with a blood test that looks at the level of prostate specific antigen (PSA) and with a digital rectal exam (DRE) where your doctor feels the prostate gland with a gloved finger. Most health insurances pay or help pay for the cost of these tests.

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It is not yet known how to prevent prostate cancer. However, the key behaviors in cancer prevention -- non-smoking, healthy diet, physical activity, and healthy weight – can help to lower the risk of many types of cancer, while also reducing the risk of heart disease, diabetes, and stroke.

For more information about prostate cancer, call the Frederick County Health Department at 301-600-3362. You may also call the 24-hour line of the American Cancer Society's Cancer Information Specialist at 1-800-ACS-2345 (1-800-227-2345)

[www.cancer.org/Cancer/ProstateCancer/index](http://www.cancer.org/Cancer/ProstateCancer/index).

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